



SPIRITUAL

FRUITS OF SPIRIT
 HUMILITY
 GRACE
 WISDOM
 EMBRACING MYSTERY
 EXPANSIVENESS

BEING JUDGMENTAL
 ARROGANCE
 TRYING TO CONTROL
 MEANNESS
 LACK OF REFLECTION

RELATIONAL

GOOD FRIENDSHIPS
 FORGIVENESS
 GRACE
 BEING KNOWN/SEEN
 LOVE LANGUAGES
 HEALTHY BOUNDARIES

MANIPULATION
 ABUSE OF POWER
 VOLATILITY
 NOT BEING KNOWN/SEEN
 ISOLATION

COGNITIVE

LEARNING POSTURE
 CRITICAL THINKING
 MAKING DECISIONS
 PROBLEM SOLVING
 CREATIVITY
 CONFIDENCE

LACK OF FOCUS
 ANXIETY
 RACING THOUGHTS
 FORGETFUL
 FEELING DEPRESSED OR LOW

EMOTIONAL

RESILIENCE
 PATIENCE
 EMPATHY
 BOUNDARIES
 VULNERABILITY
 POSITIVE SELF-WORTH

OUTBURSTS
 LACK OF SELF-KNOWLEDGE
 NUMBING BEHAVIOUR
 DENYING SELF
 NOT EXPRESSING EMOTIONS

PHYSICAL

NUTRITION
 REST
 STRENGTH
 GOOD BODY IMAGE
 REGULAR MOVEMENT
 STAMINA

FREQUENT ILLNESS
 PAIN
 TIREDNESS
 PEELY WALLY
 POOR EATING

MEANING

CONFIDENCE
 SENSE OF IDENTITY
 CLEAR VISION
 PURPOSE
 FULFILLMENT
 CLEAR VALUES

FEELING WORTHLESS
 FEAR
 FINDING SELF-WORTH IN THE
 WRONG PLACES
 SELF-DOUBT